

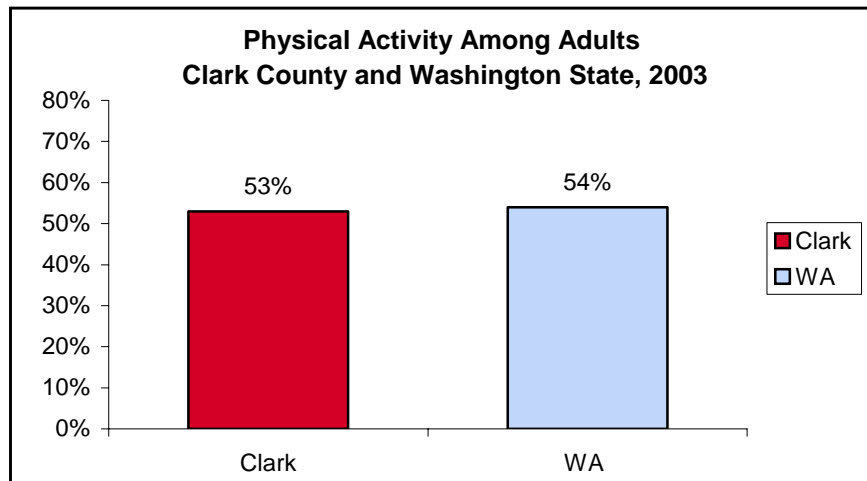
CLARK COUNTY ADULTS AND YOUTH RISK FACTORS OF PHYSICAL ACTIVITY

Physical inactivity is associated with obesity, increased chronic diseases such as diabetes and coronary heart disease, and increased health care costs.¹

Physical Activity - Adults

Adequate physical activity among adults is defined as having 30 minutes or more at least five days per week of moderate activity or 20 minutes or more at least three days per week of vigorous activity.²

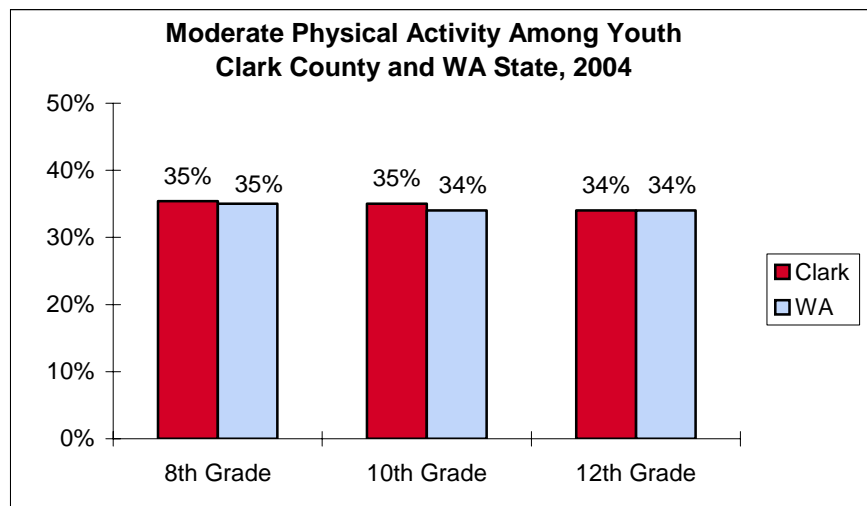
Moderate physical activity causes small increases in breathing or heart rate. Vigorous physical activity causes large increases in breathing or heart rate. Half of the adults in Clark County and Washington State met the national physical activity recommendations in 2003.³



Source: Clark County and Washington State BRFSS, 2003.

Physical Activity - Youth

Physical activity is necessary for lifetime fitness. Increasing participation in physical activity has been shown to increase student academic performance and ability to focus.⁴ Moderate physical activity is defined as having 30 minutes or more on at least five or more days per week of activity that did not make you sweat and breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors. One-third of youth in Clark County and Washington State reported this level of moderate physical activity in 2004.⁵

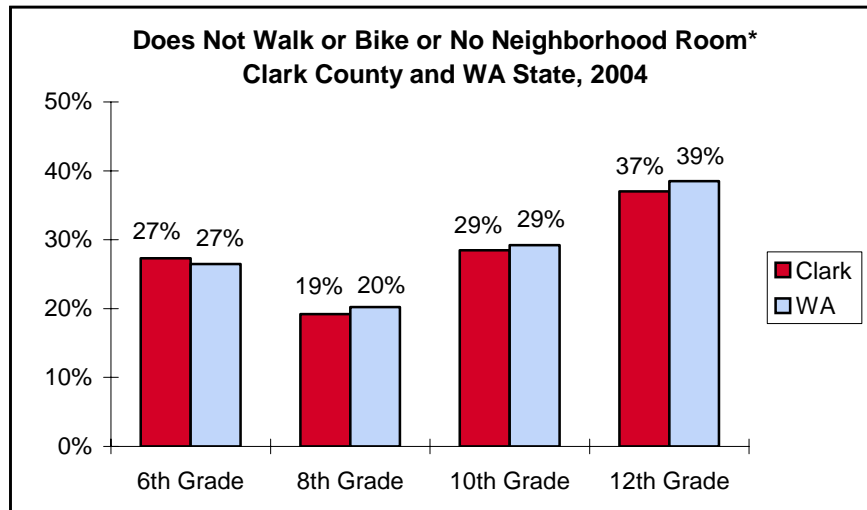


* Percent of youth who reported physical activity for at least 30 minutes that did not make you sweat or breathe hard on 5 or more days of the past seven days

Source: WA State Healthy Youth Survey 2004 Results, March 2005

Neighborhood Walking and Biking

Walking and biking for transportation is one way to maintain moderate physical activity levels and insure an active lifestyle. One out of five eighth graders and more than one-third of twelfth graders reported they did not walk or bike in their neighborhood or to school, or they had no room to walk or bike.



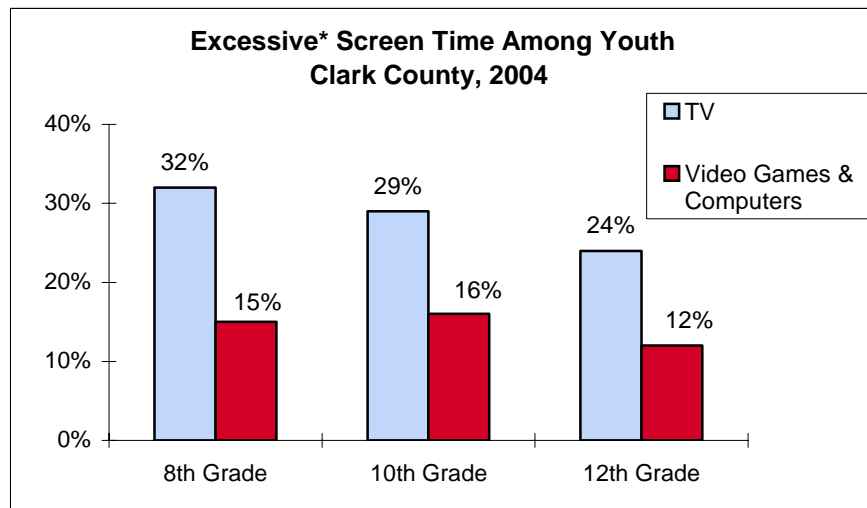
*Percent of youth who did not walk or ride a bike in their neighborhood or to school or who had no room in their neighborhood to walk or ride a bike.

Source: WA State Healthy Youth Survey 2004 Results, March, 2005

Excessive Screen Time

Watching excessive television or playing video or computer games supports a sedentary lifestyle. The American Academy of Pediatrics recommends that youth limit TV or video time to no more than two hours per day.⁶

Excessive screen time is defined as spending more than three hours per day watching television or playing video or computer games. Almost one-third of eighth graders watched more than three hours of television per day compared to one-fourth of twelfth graders in Clark County in 2004. About half that many, 12 to 15 percent, spend three hours or more per day playing video games or using a computer for fun.

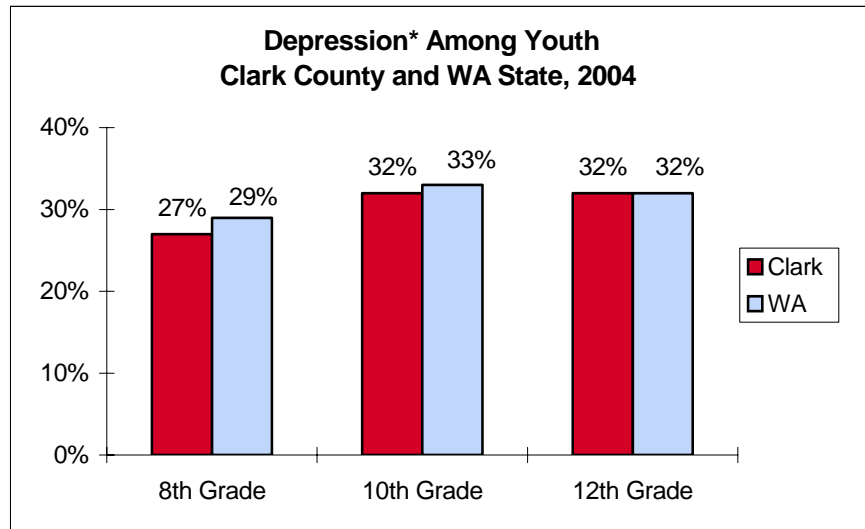


*Percent of youth who watch television, or play video games and use a computer for fun for more than 3 hours per day.

Source: WA State Healthy Youth Survey 2004 Results, March, 2005

Depression

Regular physical activity reduces stress, improves mood, helps relieve depression, and increases feelings of well-being.⁶ Severely depressed students are defined as those who reported that during the past 12 months they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities. Almost one-third of youth in Clark County and Washington State reported being severely depressed in 2004.



*Percent of youth who have been severely depressed in the past year.
Source: WA State Healthy Youth Survey 2004 Results, March, 2005

References:

1. Anderson LH, Martinson BC, Crain AL, et al. *Health Care Charges Associated With Physical Inactivity, Overweight, and Obesity*. Preventing Chronic Disease. Vol. 2 No. 4, October 2005.
2. U.S. Department of Health and Human Services. (January 2000). *Healthy people 2010*. (Conference Edition, in Two Volumes). Washington, DC: U.S. Government Printing Office.
3. Washington State Department of Health, Center for Health Statistics, Washington State Behavioral Risk Factor Surveillance System Coordinator. (2005). [unpublished data].
4. Action for Healthy Kids. 2004. *The Role of Sound Nutrition and Physical Activity in Academic Achievement*. Retrieved October 27, 2005 from http://www.actionforhealthykids.org/filelib/facts_and_findings/fs_npaa.pdf
5. RMC Research Corporation. (March 2005). *Washington State Healthy Youth Survey 2004*. Portland, OR. Author.
6. American Academy of Pediatrics. Policy Statement: Prevention of Pediatric Overweight and Obesity. *Pediatrics*. Vol. 112 No. 2, August 2003.
7. CDC: Physical Activity for Everyone: The Importance of Physical Activity: *Can everyone benefit from physical activity?* Retrieved October 2005 from <http://www.cdc.gov/nccdphp/dnpa/physical/importance/everyone.htm>
8. National Center for Chronic Disease Prevention and Health Promotion. *Behavioral Risk Factor Surveillance System*. Data retrieved September 2005 from various pages accessed through <http://apps.nccd.cdc.gov/brfss/>



For further information please contact Maria Maribona, Health Assessment and Evaluation, Clark County Health Department, (360) 397-8495.

